

## Dear Fellow Employees:

November is designated **Great American Smokeout Month** and **American Diabetes Month**. Click to go directly to our WOW website at [http://www.michigan.gov/mdcs/0,1607,7-147-22854\\_24290---,00.html](http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html) and learn more. Also find updated information on:

- Fitness
- Nutrition
- Men's Health
- Wellness Events
- Women's Health
- WOW News
- Fitness Club Discounts

### New Fitness Club Discounts

- \* Court One Athletic Club in Lansing and Okemos will host an OPEN HOUSE on Weds., November 8th for state employees to tour both their facilities, try a class, work out, and enjoy refreshments. The clubs have waived their enrollment fee and offer \$10 off the monthly dues through November 15th.
- \* Detroit and Ann Arbor area Contours Express centers are offering 50% off enrollment through November 15th.
- \* The Delta/Waverly Aquatics Program offers a FREE Aerobics Class w/ coupon which expires November 15th.
- \* The Grand Rapids Michigan Athletic Club and its sister clubs, East Hills Athletic Club and Orchard Hills Swim and Sports Club will waive enrollment fees, and provide 10% savings on monthly dues for a minimum 10-14 sustained memberships or 15% on monthly dues for a minimum 15 or more sustained memberships. Call the club of your choice for a FREE guest pass. [http://www.michigan.gov/documents/GrandRapidsMAC06\\_171926\\_7.pdf](http://www.michigan.gov/documents/GrandRapidsMAC06_171926_7.pdf)
- \* New Life Fitness in Lansing is waiving their \$99 sign-up fee and offering membership rates as low as \$19.99/month.
- \* S.W.A.T. in Kalamazoo offers a FREE 14 day trial period w/ coupon and 50% off their enrollment fee.

Check the Fitness Club Discounts page for more details and for other discounts in your area.

**WELCOA (Wellness Councils Of America)** online bulletins provide some great tips on keeping you and your family healthy. See below:

Better Safe

[http://infopoint.welcoa.org/bulletins/pdf/bs\\_v8\\_no1.pdf](http://infopoint.welcoa.org/bulletins/pdf/bs_v8_no1.pdf)

Day In & Day Out

[http://infopoint.welcoa.org/bulletins/pdf/dido\\_v8\\_no1.pdf](http://infopoint.welcoa.org/bulletins/pdf/dido_v8_no1.pdf)

To Your Health

[http://infopoint.welcoa.org/bulletins/pdf/tyh\\_v8\\_no1.pdf](http://infopoint.welcoa.org/bulletins/pdf/tyh_v8_no1.pdf)

### October WOW Contest

Check the November WOW News page to learn who won. Thanks to all contest participants. Please continue entering if you have never been selected a winner, and visit us monthly for health and wellness updates.



Have a healthy Thanksgiving!  
Working On Wellness  
The WOW Team  
Employee Health & Wellness